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Midnapore OOSC Program Servicing Midnapore School
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calgary.fishcreek@assembly.ab.ca

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eward14@calgary.ca

MP for Calgary-Midnapore Stephanie Kusie
stephanie.kusie@parl.gc.ca

CHURCHES

Sunwest Christian Fellowship
Tree of Life Lutheran Church
St. Paul's Anglican Church
Deer Park United Church
First Alliance Church
All Saints Lutheran
Lutheran Church of Our Saviour
New Hope Community Church
Fairview Baptist Church
Spiritual Community Church of the West
Red Deer Lake United Church
The Church of Jesus Christ of Latter Day Saints
Canyon Creek Christian Fellowship
Campbell-Stone United Church
Southview Church
Knexions Church
Bonavista Baptist Church
St. Patrick's Church
Trinity Mennonite Church



We are looking for people to join our volunteer base and lend a helping hand with community events such as, Stampede Shutdown, Community Clean Up, Annual Casino Fundraising, etc. If you would like to be added to this list, please visit our website and subscribe to our volunteer newsletter. You will find this under the Your Community tab – Community Events!

If you're interested in volunteering on our Association's Board of Directors, please send an email to our Board President at president@midsun.org.

MID-SUN COMMUNITY
ASSOCIATION

WINE TASTING EVENT

PRESENTED BY CO-OP (WINE SPIRITS BEER)

Friday, February 24th
(7:00 PM - 10:00 PM)

Join us for an evening of Wine travel
through Romantic Italy.
Each patron will be tasting 8 varieties of
mid-high-range wines.

Single Ticket: \$55.00

2 Tickets: \$100.00

Table for 8: \$360.00



Registration opens up December 13th
Online @7:00am In-person @9:00am
midsun.org



NEWS FROM THE SUNDANCE LAKE

RESIDENTS ASSOCIATION

A new waterfront flag system at Lake Sundance indicates whether the water or ice cover is open or closed.



Green Flag = Open to All Users

Red Flag = Close to All Users

The red flag is flown to indicate to members, guests, as well as staff that the lake is closed to access.

Flying the red flag is not a sole indication of safety conditions or information. The red flag may be flown for reasons such as thin ice, ice hole hazards, super-bad weather, a municipal or provincial ordinance, or a chemical application to the water.

The Sundance Lake Residence Association closely monitors the lake and lake ice for public use. Regardless of the Flag Warning System and the presence of a Green Flag, access and use of lake and lake ice are done at the sole risk of the member or their guests.



How to Avoid Road Rage on the Lake Ice

The use of lake ice is shared by members with different kinds of interests and activities. To keep the lake pathway traffic moving

smoothly we recommend applying the rules of the road to the ice sheet.

- Pay attention to the traffic around you
- Travel on the right, pass when safe on the left
- Indicate maneuvers in advance (ex. calling out "passing on your left!")
- Don't travel too close behind people
- Don't "check your brakes" in front of others or weave in and out of people

- Don't block pathway intersections to visit; move to the side instead
- Be respectful and patient of others (ex. those leaning how to skate)
- Don't be distracted by mobile devices
- Allow for mistakes – consider that others may have just made a mistake, and not done something to intentionally make you angry

Be kind to yourself and others, and see you at the lake!

LAKE SUNDANCE
PERCH DERBY
Saturday, Feb. 11
9am-3pm
Registration Opens Feb. 1
www.lakesundance.org Or On-site at the derby

Rules
All Lake rules apply

Competitors 10 years old and under must register as a team with an adult

You can have help to hook but must reel fish up and out of water to count as your catch

You can not give your perch to others

PRIZES

Trophies, Ribbons, Door Prizes and Prize Packs

5 age-group categories

Ties are broken by biggest fish

Must be present to win door prize

* For prize equity, winning prize-packs are limited to one per household *

NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Winter Has Arrived

Please keep your eye on our website, www.midnaporelake.ca, or our Facebook page for updated park and office hours, ice conditions, and operational limitations.

As always, in the event of poor or unsafe ice conditions, there may be occasions when we need to close the lake to skating and/or ice fishing.

Please remember that helmets are strongly recommended for skating and tobogganing. Have fun and be safe!

2023 Invoicing

Please be advised that invoices for 2023 fees were mailed or emailed to you before December 1, 2022. These invoices were due and payable before January 1.

2023 invoices, where possible, were distributed by email. Moving to e-invoicing for the Midnapore Lake Residents Association has the benefit of being both greener and significantly more affordable. This is the final year for paper invoicing. When you make your payment this year, please update your email address with the office so we have an accurate email for 2024.

Any accounts with outstanding balances as of January 31, 2023, will be denied access to the park.

Midnapore Lake Bookings

For your Lake Room, Cookshack, and Large Group Bookings, please call the office staff at 403-256-0550.

Community Garden

Here we are – already February in a new year. If you are a gardener, you are already looking at the snow and wondering if it will ever be gone. Planting pots in the basement are calling for light, fresh soil, and some seeds, to start.

The Mid-Sun Community Garden Committee is actively planning this season's activities. An outdoor wiener roast will be scheduled around the end of February. One or two information workshops will also be scheduled in the next month or so.

Requests to rent garden plots for 2023 will be available in March.

Details were not available for this issue but will be communicated via Facebook and on the midsun.org website.

Note that our email address has changed to garden@midsun.org. Please update your contact list.

If you would like to receive a personal email whenever Mid-Sun Garden events are happening throughout the year, just send an email to garden+EVENTS@midsun.org. Note that the '+EVENTS' is important and required. You do not have to write a note, but it would be helpful if the subject was 'Events'. Consider your email as a SASE – Self Addressed Stamped Envelope (Email).

Wayne Hewitt
garden@midsun.org

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INCLUDING

- ▢ *News and Events*
- ▢ *Real Estate Statistics*
- ▢ *Crime Statistics*

and more...

SCAN HERE



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FEBRUARY 14 | VALENTINE'S DAY
FEBRUARY 20 | FAMILY DAY



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February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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www.midsun.org

- Community news and events
- Memberships and member benefits
- Details & prices registered and drop-in activities
- Social events and workshops
- Out of school care and facility rentals
- Community engagement opportunities
- Sign up for electronic newsletters



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LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!





Mid – Sun Community Association Fundraising Director Needed

Our MSCA Board is looking for an enthusiastic volunteer to lead our Fundraising Director position. This person would be responsible for the coordination of our Casino and other smaller fundraisers throughout the year, while attending board meetings once a month.

As a non-profit, fundraising is a crucial part of our operational health and longevity. Every dollar amount raised helps the Community Centre fund building upgrades, program equipment, social activities, and much more!

If you have time to commit to this very important position or would like more information please contact:

Patsy McNish, MSCA Board President
president@midsun.org



Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!



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Mardi Gras



On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!

MLA Calgary - Fish Creek

Richard Gottfried

403-278-4444

calgary.fishcreek@assembly.ab.ca

@RichardGottfried

RichardGottfriedAB



February is most often associated with Valentine's Day and love; but it is also a great reminder of what we value – family, friends and our health. It is with these values in mind that we celebrate Family Day on Monday, February 20th. A reminder that all Alberta Museums will be open free of charge on Family Day. This includes the Royal Alberta Museum in Edmonton, and closer to home Loughheed House, Head Smashed in Buffalo Jump and the Royal Tyrrell Museum. February is also HEART month – in which the Canadian Heart and Stoke Foundation highlight the importance of taking care of our "tickers". Prior to COVID, heart disease was the leading cause of death in Canada and remains worthy of continued education and vigilance.

As our government continues to work to improve health delivery, each of us can play a role in improving our "heart/health" capacity. One critical component in the Government's Healthcare Action Plan is improved EMS response times. We are all aware that EMS services can mean life or death when a patient faces a critical health event. Our amazing Paramedics are highly skilled health professionals trained to respond in times of acute crisis. Instead of using ambulances for patients who do not require medical support during transport, AHS will now be arranging alternate transportation. This would utilize options like community shuttles and wheelchair accessible taxis for patients needing non-emergency transport. Improving EMS response times has multiple ripple effects and will help in supporting emergency department efficiency, reducing acute care recovery time, impacting surgical queues and improving overall patient flow. This new program is one of several currently underway focused on better serving Albertans. But Government cannot do it alone, so each of us should do our part in improving "heart health" for ourselves and our loved ones in 2023. Studies have consistently shown that 5 lifestyle changes help improve our hearts. 1. Balanced Diet – pass on the extra salt and ask for the veggies. 2. Reduced alcohol intake – too much can damage your heart's ability to fight off the extra cholesterol. 3. Exercise – our heart is a muscle and it needs to be worked to be efficient. 4. Managing stress – each of us should ask ourselves what we do to help manage daily stressors. 5. Quit smoking – if you have not stopped, now is a great time. Albertans have huge and compassionate hearts – we already generously share of ourselves, our time and our money - so let's work in partnership with government and civil society to build our HEART capacity to new levels. Keep your comments and communication coming as the New Session of the Legislature will start just after Family Day – and please watch for community signage and social media for our next MLA Café!

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